[redacted]

Must Remain in
Transcription Room

M1803

Boston Group II

March 19, 1970

MR. NYLAND: So, two weeks ago I was here. The next time probably will be a little longer than two weeks because I will go to the West Coast and Easter is coming inbetween, so I don't know exactly when the next meeting will be. But, you will be able to find out and in the meantime you have your own responsibility.

I listened to a few tapes, discussed some--some of it and some parts with, uh, Bill and and with John. I don't want to give you any impression. I do believe that certain things could be a little bit better understood, and I think it's necessary that there is more coherence. But I believe also that that will come in time.

The place where you meet is in Work itself. It is never dependent on any one particular person. There may be several who are thinking about Work and actually try to put to practice what they know, and out of that- because of this kind of a concerted effort, which becomes more and more concerted, that is, connected with each other- the clearer the aim is; and that in pursuing that kind of an aim which, for each person, of course, is in the future, one eliminates more and more the differences between personalities. It is not right to rely too much on personality as it is, 'cause it's very misleading.

Work belongs to a state in which a person is, realizing first what he is, and then because of that he wants to do Work. That what is needed is to tell him how to Work. It's not necessary to go through all kind of contortions and give people all kind of tasks, because it will not be accepted unless the person himself feels that it is necessary, and no one becomes interested in Work unless they know that there's a very definite reason for them. If anyone, so-called even attempts to do anything simply because someone else tells him he ought to do, in most cases he is a fool and also the person who tells him what to do is a fool. Such a study of each others psychologically, to know exactly what is right for a certain person to do, is extremely difficult. Because a person cannot really- particularly when he has more than one, ~~et~~ or let's say ten or fifteen or whatever the number may be- no one is capable when he is in his good mind to know what is right for each person, because all of them are different psychologically and what is really adaptable to one may be quite wrong for someone else. At most one can talk about an aim and then it's up to each person to find out how he can reach it, and of course the rules have to be given of how to find out; that is, he has to know what has to be done and logically he has to do it, but he has to do it because he wishes, not because someone else gives you an order. That's what we do in the army and you would follow an order without even knowing where you are going.

An aim for a man has to be so clear that he knows where he wishes to go, and of course it means that he has to know where he is now from where he has to go. So sometimes we simply say a person has to have self-knowledge about himself: that is, what he is now as a personality with which he walks and does a variety of different things and whatever happens to be in his personality as his thoughts or his feelings, whatever are the manifestations of such a person. And something in one has to become knowledgable of that particular kind of self as a personality, a description as if one would give a description of one's self as if you would write an autobiography- not necessarily for publication, because having the publication in mind and thinking that people would then read it and then try to get a picture of you, you might even be tempted to embellish it a little, and to be a little bit untruthful. But even for yourself when you come to a conclusion when you sit in your room, and at the end of the day consider what you have been doing, your behaviour, what kind of thoughts you had and how you spent your energy, ~~that~~ and then you get a certain picture of yourself- and maybe you like it and maybe you dislike it and maybe you're honest, maybe your're not. If your feeling keeps on feeling about yourself, it may be sometimes very difficult even to put words in for that kind of a feeling, and you say I feel it, but I cannot say it, or intuitively I have a knowledge- I cannot trace it and if I put it in words perhaps I do damage to the feeling. And sometimes when you feel that there is something within you, you don't dare to touch it at times, and sometimes It's quite precious. When you start to think and you consider what you have done, your memory may not always be right, and if there are a little bit of things that you don't remember exactly, you're apt to fill it in because you don't know any better. Many times, of course, that during the day you are at a certain place and a couple of minutes later or ten minutes later you find yourself in another place, and I'm quite certain that every once in a while you have to ask yourself "How did I get here?" And that of course you have moments and times- sometimes long times- of so-called unconsciousness or an ordinary, habitual way of moving in which there is absolutely nothing of your mind that has guided you, ~~but~~ and you just did it because either out of habit, or because certain things just happened to be and you were affected; or that you reacted to that what were conditions and without any particular rhyme or reason you walked back and forth and had no particular aim in mind- unless you have to be at an office at a certain time and then of course you get up and you try to be there on time. And then you do your office work, or if it isn't an office, whatever is your daily task, and you do it as well as you can; or perhaps you're lazy- you try to get away with whatever it is the least amount of energy spent. The desire perhaps for wanting to do that may not be very great, but at the end of the day if you see yourself, how you have spent that time and if you try to be honest about it and perhaps even you come to conclusion that you werea little bit, let's call it, too lazy, and you don't like laziness in your vocabulary, for you don't want to say that you were lazy, but that nevertheless that kind of laziness ~~it~~ stares you a little in the face; You don't want to accept it, you start to rationalize about it very soon, and of course it was not your fault but someone else's, or IF it was not as bad as it looked- all the different rationalization processes that take place ~~so that you~~ will find a justification for your behaviour. It's difficult to ~~beto~~- become truthful about oneself and this is what each person first must know, because that belongs to the self-knowledge with which you start.

The reason why you want self-knowledge is that you have to have something in mind; we simply say an aim, but what is the aim? The aim of course, it's obvious. It's two-fold: an aim for life on earth- the way you happen to live and the way you probably will die, and the accomplishment during that lifetime of certain things that you consider useful. But it even ~~might~~ may ~~it~~ be some gain to you, or that you wish respect, or that you want to accomplish certain things that no one ever has accomplished and distinguish yourself. It really doesn't matter so much as long as it is related to the condition on earth in which you then happen to live. That is one side of a man.

The other side is the reason why he is on earth. And of course one thinks about that once in a while, particularly when ~~he~~ you may have a good friend and he dies, and ~~he~~ you say "what for?" or some~~body~~one is cruel to you and you say "what for?" or you suffer and you ask "Is it necessary?" or you're very joyful, even to the point of becoming devotional to that what gives you enjoyment. ~~or too~~ Also you ask, "Is it right?" And ~~then~~ when you become a little more reasonable, you find out what it is that you want to do with your energy. Is it right to spend it, or to waste it, should you allow it or not? Is there something in you that is like a little measure, and not going through now what is behaviour forms on earth. But the question is what am I totally as Life, and has Life a different kind of a meaning then just happen to be on earth, or is something else involved?

Of course we distinguish between inner and outer life. And inner life many times is a little bit more associated with feelings, and if the feelings are deepened- and I call it an emotional state- then there is most likely something else just besides what I am but that my emotions go out to different people, let's say for whom I care, or animals or plants or whatever there is as living matter. Or that even aesthetically I'm affected by the conditions I see on the earth and I'd like to take a trip and go to the Grand Canyon- whatever it may be that motivates me in my daily life, is at certain times there is an opportunity that I want to ~~usurp~~ consider it a little bit from a different standpoint. Is it actually the lifetime that is allotted to me or is there a possibility of deepening my life and reaching a little different level, more inside, which of course I call essential. Because when I say I talk and I want to emphasize now certain things, then I talk as it were, as if it comes from my heart. If I just talk superficially, it belongs to the surface of the earth and it belongs to the surface of myself. But if I want to emphasize and really mean it, if I want to scold something or somebody, or that I am very much engaged in something that interests me and I want to communicate it and I want to tell it to someone I care for- of course, I will try to choose my words correctly, because that is then the aim that I want to convince, or perhaps that I want to help someone. That engages a different kind of an aspect ~~in~~ of a person and simply we call it inner life - ~~and~~ I would almost say for lack of a better word- because if there is outer life, of course the question becomes very apparent there is a difference between the two. Where does one go over into the other? Is actually inner life existing?

You see, all of this requires a certain kind of thought: that one considers oneself in trying to find out what one is, and I call that knowledge of oneself- perhaps superficial, perhaps only as manifestation, perhaps only as a person who happens to walk on earth and who has friends and accomplishes this or that or lives a life economically or not so economical, in poverty, or perhaps, a little bit more money in the bank, or with friends or with enemies, trying to be clever, avoiding this or that in order to be lazy, OR almost becoming fanatic because one has to do this because something impels you- whatever it is. And then I say inner life, what is it?

I go inner means, of course, I go to the inside of myself. I can say- yes it's essential, more essential. Is there an end to that kind of a road, going inside? Logically of course there must be an end, because if I go all the way through I come out again, so there must be a point where the direction changes. IN general, what is the point of gravity of myself? Where do I live during the day so that the totality of myself is concentrated in at one point and that from that point on there is a certain form of attraction toward either, let's say, the earth, to stay here, or towards that what is above, which we call Heaven.

You see one has of course all the time one's feet on the ground, and the possibility for the wish for development of one's self is that one becomes independent of other people, and for that naturally I have to work, because usually it is not the case that I am independent. Most of us are not dependent on one's self only; we become dependent on many other people. Some who have more strength we may look up to; if we wish to be a clinging vine, of course one looks for an oak. But in relationships and the different ways by which one exchanges ideas and communicates with each other, what comes most of the time to the foreground: Self-respect, a wish to be able to see yourself the way you are and not to be ashamed.

— This brings us of course to ~~the~~ point of Conscience and it is still questionable if we have any- that is what we live by, our rules of the game as it is played on earth, a few ethical values, just enough to keep you out of prison; and for the rest, your Conscience in that what you decide to do with your energy, how to spend it, the question of waste I mentioned, how will you do the best you can, have you a responsibility? It's very difficult to know am I responsible and if so, to what? Because I cannot be responsible to my father or mother- they never asked my consent; I just happened to be born, because they wished it- at least I hope so. And here I find myself growing up and I don't, in the beginning, I have no idea what it's all about, but I keep on ~~going~~ growing because that seems to be the proper thing to do; that I eat and sleep and take care of my body and ~~when~~ then I become a little more full-grown I start to think and I feel, ~~and~~ I have ideas, and then of course I start to think of the future because, it looks as if that what has taken place and which now has become past must lead to somewhere, and I hope then that in my lifetime I will grow up.

Can I grow up? That's really the problem, and apparently we don't. It's obvious really: we stop growing ~~intellectually~~ physically, we stop growing emotionally, and we stop growing intellectually. You see, when I talk about self-knowledge I have to come to certain conclusions because I must make sure that that what I really know is so, and when I think and I come to conclusion and I put it next to that what I feel and I come to a different conclusion, then there is ~~a~~ conflict. How will I solve it and what will I follow- my heart or my mind? How can I produce something for me that becomes of value, not only at a certain time, or for a certain time length, but if possible, always. I don't want to remain a changeable person; I don't want to remain a person who always agrees with the last speaker because he is so convincing. I want something of my own so that that what I then am is reliable, ~~and~~ that I can count on it.

So of course then I start to think about my inner life, because my outer life changes, every once in a while like a chameleon, dependent upon the color of light. It changes in different attitudes towards different people, dependent on how I am in the presence of them or what I wish them to do for me or what I expect them to tell me, living sometimes in fear, living sometimes trying to lord it over on them. Whatever it ~~is~~ may be as conceit or vanity that gives me an idea that I'm a little superior, there's no doubt that in the presence of other people, I feel inferior, because perhaps I respect them or I would like to imitate them, or maybe even I'm jealous of them. So I change constantly in regard to the different people I happen to meet and some tell me this and I take it, and others tell me something else and I don't take it. What makes me discriminate? What is my bringing-up that gives me a value or a measure which I then can apply, and if I do certain things, what gives me the measure that that what I'm doing is right or not; and afterwards thinking about it and I come to the conclusion of stupidity or ignorance, I curse it because I want to have something that I not only can put my teeth in ~~because~~ but I know it is right, because I know it's right for me. So I cannot afford a ~~con~~--conflict; I have to have something I call Truth and am I equipped to get to the Truth of myself?

Many of these problems you have to keep on thinking about because they all belong to preparations of Work. You see we don't start talking about Work just immediately because you have absolutely no sense in what direction~~s~~ it will go. Sometimes you know, you listen here and there, perhaps even you listen to a tape and there is a great deal of information on a tape- you don't know what to take- and since you don't know what kind of tapes there are and perhaps in ~~a~~ certain sequence, ~~you~~ They may treat with different subjects. Even if you read a book like All and Everything, and you start reading in the beginning and you come to the middle and the end, and of course you don't know anymore what you have read; certain things will appeal to you and others don't and it's stupid to think that you can contain it all of a sudden right there and then. Any kind of a scientific book you read, and when you get through with it you're lucky if you know 25%; if you keep on studying it, you will get more and more familiar. Of course it's logical: by repeating experiences then ~~my~~ experience is deepened.

What is your aim that we talked about in the beginning, an aim for people in a group to be able to work together. The aim, of course, has to do with what a man could become. That is, the self-knowledge of a man as he is now should grow out into a real Self-knowledge- that is, that what is his real Self. That is as if the self which is now on the outside, when one goes further inside towards one's essence the 'S' gets enlarged, and finally when it would reach the real inside of myself the 'S' ~~his~~ is a capital S that my real Self- is my real self that is, what I am in reality, not outside appearances because naturally they are based on the way I live and the people I associate with and they have very little to do with what I really am. I know there is a conflict between what I really feel or think and ~~sometimes~~ what I sometimes dare to manifest. Many times I'm hypocritical, I don't know what to do under certain circumstances; when I have a real feeling I don't dare to say it because I may be criticized for it. This belongs to self-knowledge at different times of the day, also of course at different times of my development, at different age levels, dependent on associations with other people, dependent on the conditions where I live, dependent ever on the climate, dependent and of course on whom my fathers and mothers were- that is the ~~that~~ mothers and the fathers, the ancestors, the blood in me, The life blood, that what came from them as life biologically expressed, being then conceived and born and the conditions determined astrologically, certain types, signs, zodiac, rising sign, moon in what, all the things that one can astrologically try to explain, types, personality. And I wish about this personality to have a knowledge which is truthful, which will always be reliable, I would almost say which always will be the same, essentially, that I can count on it, if I call on it, I get the same answer. Why do I want it?

We assume it is necessary, but why? It only can have a place when I want to do something about myself which I believe then can give me the possibility of a development in a direction which is desirable. The direction that I know I could go is not physically: I don't have to become tall, and I don't want to improve my body because I think it is perfect as has been given by Mother Nature; I don't want to become any--a giant; I don't want to become a wrestler. I don't care about that. Or the other way, it's not necessary to become a fakir and sacrifice the different functions of my body. I want to be a normal, ordinary kind of a person walking on earth and fufilling the duties that are assigned to me and the responsibilities that I can take, or have to take, and discharge them.

My emotions and my mind, they could grow. That I know, because I'm limited in my emotions, I'm limited by words, I'm limited by expressions; there is not a whole gamut of expressions of an emotional kind. Naturally they're limited by what I am physically because my feeling is still dependent on the manifestations of my physical body. When I talk about an emotional language I don't know what I'm talking about because I cannot say this is emotional without words. I cannot ever feel without having an expression immediately physically. When I sigh or when I say there is a vibration rate, I call it a feeling; it takes place in my solar plexus and I am dependent on the condition of my body expressing a feeling. When I say it's beautiful with an expression in my voice, there is something on my face; even I can say it lights up, still it's physical. Where is an emotional language? So, I can say, if it were possible to develop an emotional language, it would not only be an improvement, it would be an addition to what I am at the present time , and then I surely would admit that I'm limited emotionally.

Now intellectually, what am I capable of with my thought process? You see, I have a damnable memory. That is, I see certain things and I'm reminded of something that looks like it and immediately, if I possibly can, even scientifically, I try to put a word right there so that ~~then~~ I then can recognize it; and when I have put a word for that what is a concept, many times I am quite satisfied and let it go at that. I can relate it to other things of course, and I can think about it further; also I can say I wish to ponder about the value of the thought or the concept or even a thought-form or that what takes place in my intellect. But is my intellect free to function as an intellect should function? Is it free from associations? Can I free it from a memory? Can I free it from pigeon-holing, that is putting it in a certain locker and then mark it with a little name above it, so I can take it out, so that when someone wants me to say certain things; and I'm clever and I remember it, I can glorify in telling that so-and-so was born in that-and-that year, much to my satisfaction and perhaps helpful for someone else who is looking for that kind of knowledge. But is that a mind?

My mind gets stuck. I'm limited by the people I've met- I ~~do~~ ~~not~~ hardly even know that there are other people I've never met; I have already shied away from alot of people who affect me adversely; surely I don't like to be friends with my enemy, but aside from that I have no interest. In the beginning of course, I have all the interest in the world: I want to travel all over the place and I want to find out what they are doing in Australia or somewhere; unusually I don't get a chance but maybe I can take a trip during the summer when I am free for two weeks. And the rest of the time I work because I am bound to do that- I have to. Nobody is going to support me. But when I once get away from my father and mother's home, and of course I m~~don~~'t even expected ~~them~~ to stand on my own feet- they can help me a little bit for education, and you ought to study, so now you can go to school, college, university, we'll finance it. But, when you then get into--into real life, then maybe you want to pay back your poor father because he had to take out a loan before you could study, or you yourself do it, or whatever it is that your conditions are. It doesn't make much difference.

Because you still live on earth, and the question now is: is my mind capable of something else? Not living on earth only, can it conceive of certain things that I call imagination, and has imagination any reason for existence? And do I want to live an imaginary life, a certain fantasy, or do I wish to have Reality? Do I want to find out actually if my mind is limited? That's one thing. The other ~~thing~~ is, is my mind pure? And the answer to that I can give much easier. I will assume for a moment that it is ~~lim~~ limited, but I don't want to believe it. But when I come to the purity of my mind, there is no doubt. It is not pure. It's not free from associations for one thing and the other [illegible] feeling [illegible] actually starts to interfere; that anything [illegible] to my mind and I start to like or dislike it, I put it in, as I say, classify it, even the giving it of a word or that which reminds of someone; the name of Mary makes me think of someone I remember as Mary and she happened to be a beautiful girl, so of course I'm attracted to the new Mary without any rhyme~~e~~ or reason whatsoever. I go to see a play because someone else recommends it; they say "You ought to go to so-and-so, that-and-that, and so forth", so I go. Am I free in my mind? Of course not. I'm already praejudiced, hopeful, I expect something; I don't know what to expect, but I'm not free and my mind is not open at all. We call it subjectivity that kind of state.

You ask me the question: What am I in this life and is it worthwhile to find out what I am? Regarding Work on yourself, you have to find out if it is worthwhile and what is the accent then going to be for the worthwhileness, in the acceptance of that what you are now, satisfying enough for living on earth, trying to find out if during this life that you are on earth there's another possibility of developing in the direction of freedom from the earth. It's really quite simple: a man who lives on earth knows that he is bound because his body with the manifestations cannot behave and only in accordance with what he thinks and feels, or even what the body wants, and he knows that his manifestations are based on reactions as a result of an impression he receives from the outside.

The limitations of his feelings are obvious: I deepen, I come to an end. I hear music, I come to an end; I cannot surpass further and I think, I study it, let's say, I come to an end; [illegible] I feel my [illegible] ~~they~~ won't allow, it ~~I~~ [illegible] I take, I can't [illegible] ~~them~~ that, I [illegible] study, I [illegible] have the ability to feel. I paint, I [illegible] think, the [illegible], where is the color? where is the line? [illegible] my [illegible] — chef d'oeuvre, the ~~[illegible]~~ one that is going to change the world?

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And of course I finish it and it is not what I want. I sing as high as I can; I want to go higher and I cannot sing - my vocal cords won't allow it.

Myself, ~~my thought~~ I try to penetrate, philosophically, into the depths of thought, really the content. I read, I study, I find out what other people have done; they all differ because no one seems to know and there are so many theories. I become religious. What is there as a religion that can satisfy many people? But in ~~the~~ its place I find many different things about which they fight, even go to war. Whatever it is that one calls a selfish desire to make a clique in one's order, or that what is so-called God; being personified or not, God is Infinity. Such infinite thoughts as that, that thinking about concepts is completely outside of the possibility of my mind and I would say I'm out-of-my-mind to think that my mind ever will understand such things, because ~~the~~ understanding does not mean the knowledge or the accumulation of an awful lot of facts in my mind. Understanding is an experience of my life and in that I am tremendously limited. I know that because I will ~~shy~~ shun away from those people who affect me the wrong way, and sometimes if I am angry, I will tell them to go to hell. But if it comes to communication to someone else, ~~then~~ can I find even words? ~~and~~ When I say ~~[illegible]~~ I love a person: now? I have a little vocabulary- my darling, my so-in-so, this and "that"- using it, in all different kind of emotions I'm at the end of my vocabulary, and then from then on I keep on repeating. Why can't I find different words such things? Of course I'm foolish, I say it, it doesn't seem to make much sense. I'm allowed a little foolishness when of course when I'm young, but when I grow and then I say "what I've said it, why should I repeat myself?" and so on. That is it, you know.

Don't let's be fooled. You know that life gradually [illegible] [illegible] up in, that it goes up for a little while and then it goes down, towards dying. Of course, how can I maintain it? Without wishing to die, how can life stay with me? How can I make it continue?

But you see these are not questions now about Heaven or about ~~the~~ hereafter, or about death, as if one has to wait for death. ~~It is~~ These are ~~a~~ questions of ordinary life, when I walk on the street, and when I [illegible] [illegible] and before I know it I say an ordinary formality, or a [illegible] [illegible] something when he asks (for coffee, and I go because I don't [illegible] to refuse- still I shouldn't do it, I know, because I'm expected back somewhere else and I make a disappointment, and I find my excuse, and of course it doesn't hold water. I know ~~that~~ it better than anyone else, ~~and~~ I'm caught, ~~and~~ I'm caught in [illegible], caught in weakness, caught in not being able to say "no" when I knowing should [illegible] with it. Afterwards I [illegible] and say ~~it~~ "it's not my fault". OR I BLAME GOD. I can't [illegible] [illegible]. Here one is, an ordinary human being- with simply a conscience which doesn't mean very much- but filled with whatever [illegible] ~~[illegible]~~ his particular talent or whatever his circumstance, and what is there for him to live for?

You see, [illegible] you can talk about work when you come to a conclusion that you don't know anything about yourself, that you really can leave all your conceit and self-love outside, that you're just an ordinary, little bit of a human being who wants to strive to become free from the earth. ~~Could~~ We use that kind of terminology because it is understandable. Now you go in a certain direction, you you start to read or you start to think, or you [illegible] [illegible], you start to find out what it is- concepts like God, concepts like Conscience, concepts like conduct of one's life, concept~~s~~ of Aim, what kind, where, in what direction, how? What can

I trust myself? when before lunch I think one thing, after lunch I don't, or I think something quite opposite? When I meet a person he's nice, I care for him; next morning he's angry, I don't like him, I don't care for him. I'm not reliable at all; I don't dare- I'm hypocritical to cover myself up. Alright, we'll assume we know now what we are.

Now we wish to have knowledge about our real Self. That what we are........you have to turn it? Ok. What we are, do we want to know what we are? Do we actually want to grow up? Do we want to understand life as it is now? Do we want to see what are potentialities so that they could grow out? How can I become in that sense, a Man? Do I have any wish to become a Man?

You see you talk sometimes about Work and then you say I have a wish, but I have no energy. Of course it isn't true. When you have no energy you have no wish. You see I think about Work, but I don't Work. I say you don't think about Work at all. There's nothing connected with your thought about Work. It happens to be a note or some kind of a word like Impartiality which happens to come to your brain, or even you say Gurdjieff, or someone else who has mentioned that; Something starts in you, you say perhaps I ought to do something and then you let it go and then afterwards you say "I couldn't Work." It's nonsense. You have not tried it; you have not been honest- you don't want to Work, you have no wish. So the energy has nothing to do with it. It's idiotic this question of energy. We go through many stages in which you think you have no energy. You're busy, you're tired; the end of the day sit down, ok, read Newsweek, you fall a little asleep, alright, good, telephone call, so-in-so- "Oh yes, you're in town, eh." Where is your energy? ~~Some~~ It's all there, interest has changed, you're immediately a different person.

It is the same with Work. If my interest is aroused because of the thought of Work, I will Work. What is the interest: the wish to grow. Why do I wish to grow: because I don't like myself as I am, and that's a phrase you have to repeat many times, that you honestly mean it, that you don't like yourself as you am-- that/ is as you are, that there is something lacking, something quite amiss, something unclear, something uncontrolled, something stupid, complete ignorance at times, inability to think straight, not wish to be honest, and all the different vices, that you run all over yourself with conceit and vanity and self-love, that all such things cause of course trouble, that you're in trouble all the time with what you have said and you cannot fufill, the promises you have made ~~and~~ you should ~~could~~--keep, and you don't keep them, the responsibilities you have taken on yourself and you find ~~out~~ after a little while that you have no more interest and you want to get rid of it. Whatever it is that you call your word "forever and over, I love you"- how is it after 5 years, 10 years? What is it, are you still there? You see, look at your conscience as it is; it's already soiled, written over and over again by other people, not you.

What is reality for yourself? What is for you a so-called absolute fact? What is it that you really know and all the rest is a little opinion, that you happen to know because so-and-so has said it, and you read it in a book, or you take someone else as an authority or he tells you what to do and you do it and you're a stupid fool. Your ordinary life is ok, you keep on doing what you can, as well as you can, you do whatever is given to you as talent. Keep on being unconscious. When you come to the conclusion ~~that~~ you have no desire, no energy, don't Work! Who tells you to Work? Only you yourself will tell it, and it is based on the recognition of what you are and that then, in that state of recognizing that, that you know there is a necessity ~~of Warwick~~ for work. This is the change of the interest. The aspect for oneself is not any longer of one's self on earth. ~~There~~ That is a different kind of an aspect: It is the realization of a man who he is with life, and then knowing that in ~~this change~~ discharging the responsibility for the maintenance of his life, his interest is not primarily on himself but on life as a whole. This is really the revolution, because who is one, that one thinks that one lives just by oneself and that you are the most important person in the world? Or if you don't think that, then at least you're a little bit better than someone else, or maybe a little worse; but you are not going to do anything unless it is to your gain. You're not going to do something for someone else unless you get it back in some way or other.

Try to understand what is meant by purity of love. That is, that you give, and that's all. That is the purity OF the sunshine; that you sit in the sun, and then say "Thank you sun?" Do you think the sun knows it? The life of the sun is simply for the purpose of living to give light and heat for ~~them~~ us. We [illegible] it that way: "The sun [illegible]" [illegible] in the sun. If I give, I [illegible] wish for return, I give because this is life. I want to [illegible] because I like to give. I want to [illegible] so they [illegible] know if they wished, but I don't [illegible] if they [illegible] that's their affair. If they don't like it, I [illegible] them. You think that God [illegible] to him? Do you think [illegible] he [illegible], or that there is [illegible] that [illegible] you call your God, that is it? [illegible] a man like Gurdjieff, you think he knew about you, about all of us. Do you think he thought that perhaps All and Everything could be useful? I really think Mr. Gurdjieff was compelled to write a book. I don't know if he had hopes; knowing human beings as they are, one can have hope that someone is going to change? So that the [illegible] would be placed somewhere else? Can I, when I see that [illegible] believe that I can change my habits? Perhaps even sometimes my character? Can I believe that that which is associated values of me, which are called acquired characteristics, psychologically- that I can do something about changing my manifestations like I would like to change my nose sometimes? Can I change my feelings or my thought processes as I have been educated? I would like to say, but the damage has been done already by being educated and being [illegible] in the unconscious? And then I start to talk or think about the possibility of Self-consciousness, not knowing even what I [illegible] really, ~~m~~ then only a different kind of a state; I try to describe it by saying it's a state of Being, or it's a state in which there is Objectivity, in which then the subjectivity will be understood; or that I can say, [illegible] I believe [illegible] for myself [illegible] the [illegible] Objectivity, that then the [illegible] go through [illegible] in which [illegible] I [illegible] become acceptable to [illegible] all conditions without any judgment, or criticism, the acceptance of that what I am being, what I am in my life and it's only manifested in the form. And I don't then [illegible] the form; I wish to live.

That's [illegible] something of me awake to that what I Am, so that then [illegible] there is a state of Awakening, or something that [illegible] awake, I will get from that knowledge to enable [illegible] to [illegible] all of the earth, or to purify my mind so that my intellect can really function as an intellect, without interference of any of the other centers- and the same applies to my feeling, to my emotional states. I say I wish freedom away from earth. To go where? to the planets? and to the sun, or inside to my essence and essential essence? What again do I expect to find?

When you talk in ~~a~~ groups, talk about work, of that kind. The attempts you make in order to produce something that could start to function in that way; really to determine if you have that kind of a wish and if actually you can be serious about your life. Because if you're not, work it has no meaning, and work is not forced on you. You don't have to take it; you don't even have to come to a group. You can live your own life any way you like. You can go and think and feel whatever you wish; see where it leads you. If you want to remain unconscious, no wish for any kind of the--entry of any kind of a thought of this kind, don't do it. Don't be open; stay as you are- you will have friends and enemies, you will be lost at times, maybe you are become a little embarrassed and harassed, maybe you are like a little ship without a rudder and the wind blows you all over the place, But if that's what you want, go ahead, stay. You're on earth, stay-until you die, And let someone else decide if you ever have ~~got~~ to come back or not. It's Not ~~all~~ up to you really. If God placed you here, he'll take you away. Why should you worry?

These are the thoughts that you must try to settle for yourself. Is there any particular kind of a reason to be interested in Gurdjieff? Is there a reason even to read All and Everything and to try to decipher from the long sentences what is meant, or even to try to read between the lines, to find out what he might mean and to what extent it applies to you in your daily life, in that what you are also busy with, in that what occupies you, and every once in a while prevents you even from thinking about spiritual values or essential life, or even Reality.

You see one has to become a little different kind of a person. The direction of your interest has to be changed. Who will change it? Only you. Who will maintain it? Only you. Who do you hope will support you? Only one, a higher form of living, which you can call by any name you like. What really will help you is what is essentailly your own, something that at the present time exists and that you say "it is there all the time", and if you're honest you can say "it's only a little point", because that you can define. A point without dimensions, a point without time, a point in space without space affecting it, an existence of a unit, an entity which is your life, concentrated, where it was originally in one little cell, staying in that cell dividing life-force over different cells, gradually forming your body. We call it Magnetic Center within a person. It ~~can~~--could be called almost by many names, because it starts to move a little bit every once in a while. It's not always in the same place- sometimes it's in your head, when you have a clear thought, ~~and~~ OK that what is the Reality of yourself. You know it once and for all. No doubts anymore, even at that ~~time--that~~ point, your mind does not think.

Sometimes it's in your heart. It's a realization of the existence of life totally, if you can think about it, in the Universe. Religiously one calls It God, so that without any question you link yourself up with different forms of life at higher levels and of course having in mind an Aim: maybe ultimately to understand it in such a way that you can live there, or that at least you would have the understanding; or when you are emotionally inclined that you could prayer and that you could feel, and the realization of the presence or the nearness of something that you say could help me if, at such-and-such a time actually, It could become Aware of me, as I am now, because now I need it. But ~~that~~ that kind of prayer could be answered, again by a concept, but also, why not imagine God existing? Why not simply put Him on the chair, let Him look any way you would like Him to look. It won't matter, because for you it remains that what you believe in, and God doesn't mind that He is given a certain name or a certain beard or that He looks at you benevolently, and ~~that it~~--he reminds you of an old church father, or someone that is heathen, comparable to a rabbi, because we talk in the Old Testament, the Lord God, Jehovah, all the different religions, the Kabalah, the TORAH, the TALMUD. We know all about them. We read about them. We know there was something like that, like the law of Moses, like the Ten Commandments. We know a little bit about Jesus, about the Sermon on the Mount, statements that I remember, because when I was young until I was exposed to it. What belongs to me in this life, for me in this life, what belongs to someone else for him in that life, wherever he is— Hindu, maybe, Zen Buddhist, maybe, Islam ([illegible]), whatever it is, like in Persian religion, I don't know if you know what it is, Or'muzd, light, darkness, Egypt, mythology, All this, Norse mythology, the aboriginies their kind of religions, the Indians, Indians processes of Initiation, processes of [illegible] men, in their little huts, going down to the kiva, secret, [illegible] the [illegible], esoteric knowledge, in a few groups, disclosed. Stupid people who talk sometimes about such things, without knowing at all what it is all about. Sometimes I must get angry about those people who [illegible] have [illegible] Gurdjieff's name on their lips without having any ability in their mind to understand what it meant, let alone their heart, why we have it time and time and time again. Gurdjieff [illegible] it [illegible] [illegible], for each soul.

But we're [illegible] I, ~~and~~ so we can't help it. [illegible]. We take a little bit because it is something that appeals, just a little bit, because it is not so spiritual, and it is not so much truth, because then you like yourself a little bit and that you are interested in [illegible] which has to do a little bit with your conscience, but not too much, because if it is too much ~~that~~ it might touch you too much.

I don't know how much you feel or what you think, what you really feel. I don't know what you do. I don't know what you want to [illegible] your life. I don't know what you want to do with your life. I don't know even why you come. What is it that you know now? What have you done? what have [illegible] ~~read~~? What ~~have~~ -- thought have you done? What kind of work have you tried to do? To what extent have you been honest and serious trying to find out what is Objectivity, what is really meant for your life, and for someone else. Have you asked yourself [illegible] questions? What [illegible] that you do? K[illegible] if you understand it. Are you on the right road? Did you make [illegible]? C[illegible] you get so much? G[illegible] you help me? Why? why not? You try the kind of thing when you are alive, when you really want to grow up, that you become a reality about your own life, not just wishy-washy, [illegible] left and right, straight as [illegible], to become a man, Gurdjieff calls it "conscious", What is meant?: to be in balance, poised, to be able "to do", to understand what is needed at any one time, Not to be affected by one's emotions unless one wishes. Not to be affected by any kind of a memory association, or all the rest of one's intellect, all [illegible] wishes, To be able to ponder and come to a conclusion which gives your Conscience the right to say, this is for me and this is me, The wish "to do" in accordance with that that has to be done in the conditions are on Earth in which you happen to live, so that once and for all know this is me and I "do" because I am convinced, that is right.

What is a Man. Do we want to become that? Do we want to have a character that remains reliable for friends and enemies alike? Who can ultimately love not only your father and mother and your friends and so forth, who can do you some good, but those who can do you some harm, still to love them? To be able to settle questions of war in the right way, to understand the conditions of the earth as they are now, and not to be affected because you could live in yourself, in equilibrium. ~~We ought~~ NOT to be disturbed by some bombing here and there, so that still might be quite alright if you are on a flight to Boston and the plane was hijacked. Where would you be? Where is your life? How much attachment is there to your life now on Earth and you even don't want to give it up? What is the meaning of "to lose one's life in order to find it?" What do we mean by "Renaissance"? What is meant by the "moment vital"? ~~[illegible]~~ What is meant by Work? Try to become serious about that, then come to a group, talk with a few who can perhaps tell you, but you must come and Work, you must come and then Work and then Work and then come. And don't take up just space. Listen, sit quietly, if necessary read something from All and Everything, discuss it. Gurdjieff knew more than all of us put together, and he had reason for writing a book, because he was compelled, he had to- like the sun has to shine, like a Messenger from above has to go to Earth. There are commands in this life of the Universe; there are very definite rules because of Absoluteness which exists and which Absoluteness comes out as a force of life dynamically, staying here and there, at certain points crystallizing out into that what is a Heavenly body, A star, a comet,

CAPS

~~the~~ a Milky Way, of some Kind-Suns, Solar Systems, the Earth, mankind, ~~nations~~ CELLS, elements, atoms, electrons- so Above, so below. We are part; whatever--~~whatever~~ The Level is, where we are, we are part, we are the same in principle. Life is always the same, life is not death. Life must be eternal. Life must be even, omnipresent. Even if it appears in the form of this life, your body is just a form; you are responsible for both. You're responsible to let your body go, so that there can continue with life. Your aim-I said that, far away-in which you ~~in- you~~ unite, so that in the unity of the aim, you can overlook what you are, poor little creature, that you can stand each other, because there is an aim for a wish to become what you're not now, but that you wish, without fanaticism, without narrow-mindedness, without hypocrisy, without becoming too religious, too sentimental- just ordinary simple people realizing what has to be done, without defining soul, without even defining Kingdom-God. Just deepen your emotions, make it a little bit more alive. Make that what you are a little bit more flexible. Get out of the rut in which you live. Try to be open and fill yourself with something worthwhile. Throw out the ballast that you really do not use any longer, that already has served its purpose. Don't dwell on the past too much- stand on it because that can give you ~~solidarity~~ SOLIDITY. Solidity you NEED within yourself, assurance to be able "to be", because that's what we are after, and to be able to think, or to be able "to do" or even to be able to feel- so, to just "be", that's what I call my "I AM".

What is "I"? "I" that which is in relation to all things existing, and which I am in part, and I wish to become united with. What is "AM"? "AM" that which is my body appearing because of life force within me, being alive here on earth; my "Am-ness" is that which is [illegible], my feeling, my thought on Earth manifesting in what one calls [illegible] human being.

You say this ten times each day: "I"; emphasize that. The vibration is a different kind, The vibration is in your heart, when you say "I", AS IF the contact of that what is your life, with the totality of all life, religiously, all-loving Father, so that you know you are a child of the totality of that. Whichever picture you have in your mind- it doesn't matter, again I say, it doesn't matter at all. It has to do with you- that matters. And you say "Am", and the "Am", that is the AM , A,M,; it implies 2 things: first, you say it and that what is solar plexus in you vibrates because that is the "Amness" of you, what you are. It starts to sound because of that kind of a word "Am". It happens to be M; it is fortunate I say, because the M is important, you see, the M belongs to you. It was written in your hand at your birth. Maybe you don't know enough about your hand- I don't mean palmistry- your hand with which you work, your hand is part of the 3 H's: your head, your heart, and your hand, which makes a trinity of you, also when you work. And with the left hand and the right hand, the 2 M's; they mean; memento mori . You understand that? Remember your motto; you have it with you in your hand, all you have to do is to look at it, not to have a fist, but just to spread your hand out palms up, and look, there it is, "M". Are you reminded? Of what? That you're alive? Or that you will die? Remember yourSelf: 'homo'- it's the same.

You understand now a little bit about Work, or the Consciousness, or the reason even to talk about it? You understand it as your own, you understand that it's your Conscience, you understand that _you_ have to make a decision regarding the wish for your own life, to know what to do and that regardless of what you're engaged in in ordinary life on this earth, everything can go on that particular basis, but only one thing can go in the direction towards God. Towards God means freedom from the earth, liberty in the end. 'In God we trust', 'So help me God', sometimes 'Lord Have Mercy'. You understand these terms? A little Biblical perhaps, a little bit objectionable because of your prejudices, because you don't think enough, and you don't feel enough, you're already are ready with that kind of an opinion without knowing; because you're stupid, you know, you have to learn, you hava little children in the road to become conscious. If you wish to become conscious, become like a little child. That is what is meant in the Bible. Hence, throw off your ballast, your packages, all the different things you have, because you know you can go through the eye of a needle. One can quote the Bible from beginning to end, you can quote the ZendAvesta, you can quote Upanishads, Ramayana, ~~Mohabaraeta~~ Mohabhaeata, Bhagavad-Gita. Go, and collect, see what there is in the Kabala, see what there is that you can find out, even alchemy. Find out, study, read, think, keep on going. But come to conclusions because principles are involved about your own life, the way you wish, what you can become, you have to have hope, faith. Most of that will have to be love, love for essentiality of being, love for truth, love for sincerity, love for recognition of that what belongs to someone else, lovefor life in the form of whichever way it happens to be presented to you. To start with that, to see what is at the present time lacking, why you cannot. Because your stupidities are in the way, your selfishness is in the way, your wish to believe that you are somebody already- it's all in your way and you know it when you're honest, when you sit by yourself in your own little chamber, the holy of the holiest within the heart--your heart, where your conscience can start to live, where God can speak to you.

Try to find what is your life worth, and with that you come to Work, because then ~~there have~~-- there is a reason why you want to know something about Work, because then you need it, and you know you could not really develop unless you know that essential value. Again I say, it doesn't matter what you want to call it; I don't care what religion you want to confess. It is your life and the conduct of it. It is that what is the essential part of yourself- that becomes for you holy and the acting ~~of~~ It, is a sacrament.

Try to understand Work on the basis where it is really meant, The possibility of spiritual value, and the assigning to the material world a certain place, where it belongs, as servant to that what could become Consciousness and what should be, for you the Light on the Path, and that what is Conscience, which will give you the force to reach a way through the atmosphere of the Earth to that where you really should go- towards God, to sit at his feet. To ask, to Work, because one understands then what is meant by Work: the ~~At~~ One-ment, atonement, the understanding of Work as Christ, the way one, with oneself, becomes mediator to what is the devil and God, settling for that where one honestly wishes to go and paying off time after time, whatever is the temptation of the devil, so that one can be free from the bondage of one's body, to start with, and afterwards the bondage of one's emotional life, so that then in the end-quite far off, you know- there might be a Soul, to carry you further into the realms of the ~~super~~-hierarchy, and understanding God Almighty, All-Loving Father.

I talk about seriousness of Work, otherwise I don't want to talk about it. For me Work is not flippant; it is not just a little bit of something that you happen to read about. Either yes or no. (INSERT

MUCH BETTER TO SAY NO, WHEN YOU CANNOT SAY YES.

But if you say yes, wholeheartedly, you wish the depth of that. You say "I wish to be" and the thought goes over into attempts you make in accordance with whatever rules now have been explained. How? That you can find out in groups when you talk about Work, what to do, creation of "I", "I" becoming Aware of you, hoping "I" can continue to exist and be Awake-Awake to yourSelf- acceptance of I, of that what you are unconsciously, as you are, acceptance without asking further any questions or description or liking or disliking, the acceptance of what you are as life, not to wish to be different, not to wish even for an aim that you define. Wishing "to be" in a moment of Awakening without *any* thought of attachment to the future.

So maybe I come back after, after a little while. I will have to let you know. In the meantime, your obligation, your duty-Gurdjieff calls it Partkdolg-duty- the duty for your body: to be observed. The wish; dolg, and Part means Impartiality. That what is the wish at a moment for "I" to be Aware of you, "I" created in the image of what you understand by God, to become a representation of God on Earth, like Heaven could be on Earth and finally being inside of you as Heaven can be inside, wishing then on the part of "I", in its benevolence like God can be, to be for you, so that "I" could become a guide within your life for yourself to grow up and to become what God wishes you to be.

Goodnight.

Transcription: Vicki Mitchell

Proof: Harriet / Naomi